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A Treasury of Classic Recipes for
SOUUPS
and
SALADS

by Michelle A. Preston



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INTRODUCTION

When it comes to cuisine, America is twice blessed. Not only are we the breadbasket to the world, we also enjoy the widest variety of cooking styles and influences. The real joy of cooking comes from preparing those foods that are not only tasty, but healthful as well. With new awareness we're discovering that in addition to favored first and second courses, soups and salads have grown in popularity and deserve to be regarded as main events by themselves. In "A Treasury Of Classic Soups & Salads" Michelle A. Preston offers a host of recipes that will put more possibilities into your menu planning.

In the SOUP section, Mrs. Preston shows you how quickly and easily you can create standards like split pea and simple chicken soup. She also offers recipes for American regional specialties like New England clam chowder or New Orleans Gumbo. You can even enjoy the authentic tastes of old world favorites like minestrone, gazpacho, and beet borscht without traveling to Europe. Always remember to use only the freshest ingredients, and

to have patience. Many soups take several hours to cook in order to bring out their fullest flavors. You'll find that all of these recipes rely on readily available ingredients... and they're so economical too!

Turn to the SALADS section and there you'll find an array of salads to appease any appetite from the lightest luncheon fare to a sumptuous Mediterranean Salad that's a full meal in itself. Low in fat and high in nutritional value, salads offer an unlimited number of ways to please the palate. What is equally exciting about preparing soups and salads is that they are both well suited for today's varied lifestyles. Not only do they promote the inclusion of wholesome ingredients, but they can be easily prepared ahead - a big plus when entertaining and great for busy households. If variety is the spice of life, you're sure to welcome the taste-tempting recipes offered here.

SALADS

Tomato and Basil Salad

**3 large whole tomatoes, peeled and sliced
1 tablespoon fresh basil leaves, chopped
2 tablespoons scallions, chopped
1/3 cup olive oil
2 tablespoons vinegar
3/4 teaspoon Worcestershire sauce
1/2 garlic clove, chopped
1/4 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon pepper**

1) Arrange the tomato slices in a serving bowl.
Sprinkle with basil and scallions.

2) Combine the oil, vinegar, Worcestershire, garlic,
and sugar, salt and pepper. Mix well, pour over the
tomatoes and chill.

Serves 4

Chicken and Egg Salad

**4 cups cooked chicken (white meat), sliced into thin strips
4 hard boiled eggs, chopped
2 tablespoons onion, chopped
2 cups celery, diced
½ cup mayonnaise
½ teaspoon salt
½ teaspoon pepper
8 whole tomatoes
2 heads lettuce, shredded**

1) Combine all of the ingredients with the exception of the tomatoes and lettuce. Toss lightly.

2) Place the shredded lettuce on a serving dish. Slice the tops off of the tomatoes and remove pulp. Fill the tomatoes with chicken salad and arrange on the shredded lettuce. Chill and serve.

Serves 8

Mushroom Salad with Madeira Wine

**1/2 pound fresh mushrooms, rinsed and sliced
juice of 1 lemon
1/2 tablespoon Madeira wine
1/3 cup mayonnaise
1 1/2 teaspoons tomato paste
1 teaspoon fresh tarragon, chopped**

1) Combine all of the ingredients with the exception of the mushrooms and the lemon juice. Sprinkle the mushrooms with lemon juice. Add to other ingredients, stir, cover, and chill.

Serves 4

Spinach Salad

2 red onions, sliced thinly

**1 pound fresh spinach, washed, dried
and stemmed**

1 cup walnuts, chopped and toasted

1 cup raisins, washed, drained, and dried

**1) Place the onion in a large bowl. Add the spinach
on top. Sprinkle with raisins and nuts. Serve with
your favorite French dressing.**

Serves 8

Shrimp and Macaroni Salad

**1 pound cleaned and boiled shrimp, chopped
1 pound cooked macaroni shells
6 boiled eggs, chopped
1 medium onion, finely chopped
1 bell pepper, finely chopped
1 dill pickle, finely chopped (substitute sweet if preferred)
 $\frac{1}{4}$ cup finely chopped olives (with pimento)
1 cup mayonnaise
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{4}$ cup mustard
salt and pepper to taste**

1) Mix all ingredients and store in a covered bowl in the refrigerator until ready to serve.

2) The flavors will blend better if the salad is made one day, stored in the refrigerator overnight and then served the next day. If the salad is stored overnight, the macaroni may soak up your mayonnaise and dry out your salad. If this happens simply add a small amount of mayonnaise to moisten your salad.

Serves 8

*Barbara Alday
Panacea, FL*

California Chicken Salad

6 cups cooked chicken (white meat)

2 avocados, diced

3/4 cup green pepper diced

2 cups celery, diced

1/2 cup scallions, diced

2 cups mayonnaise

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

1/2 teaspoon pepper

Juice of a lemon

1 cup sour cream

pinch of paprika

1) Combine the chicken, avocados, green pepper, celery, and scallions together. Mix the sour cream, mayonnaise, lemon juice, cayenne, salt, and pepper together.

2) Pour the tangy dressing over the chicken. Lightly toss and sprinkle with paprika.

Serves 8

Poly's Shrimp Salad

Salad:

**½ pounds boiled shrimp, cold (boil in water
with ½ lemon squeezed, and 1 clove
garlic, smashed)**
½ green pepper, chopped
2 tomatoes, chopped
1 avocado, peeled and chopped
3 stalks, peeled and chopped
½ head lettuce, torn into pieces
1 cucumber, chopped (skin optional)

Dressing:

½ lemon, squeezed
¼ cup mayonnaise
1 tablespoon sour cream
1 clove garlic, chopped fine
salt and pepper to taste

- 1) Combine all ingredients in large salad bowl.
Toss well.
- 2) Mix dressing thoroughly, pour over salad. Toss
lightly. Chill for 30 minutes.

Serves 8

*Mrs. Louis J. Pekar
Port LaVaca, TX*

Simple Chef's Salad

1 head lettuce

1 tomato, cut into wedges

1 tablespoon chives, diced

1/4 pound cooked chicken (white meat), sliced

1/4 pound cup cooked ham, sliced

1/4 pound Swiss cheese, sliced

1) Combine the lettuce, tomatoes, chives, chicken, ham, and cheese. Serve with your favorite herb dressing.

Serves 4

Chef Salad Supreme

**2 head lettuce, washed, torn, drained, dried
2 head endive, curled
2 large scoops cottage cheese
2 cups shredded cooked turkey
2 cups shredded cooked ham
1 cup Roquefort cheese, crumbled
8 hard boiled eggs, sliced
1/2 cup scallions, chopped
1 cup carrots, chopped
1/2 cup raisins
1 cup mushrooms, sliced
1 cup Cheddar, shredded
1 cup Provolone, shredded**

1) Toss the lettuce together. Place the cottage cheese in the center of the lettuce. Arrange the shredded meats around the salad.

2) Sprinkle the Roquefort cheese on top. Add the eggs, scallions, carrots, raisins, and mushrooms. Top with the Cheddar and Provolone cheese.

Serves 10

Holiday Fruit Salad

**1 pound red seeded grapes
1 large can pineapple tidbits, drained
1/4 lb. shelled pecans
1 package large marshmallows, quartered**

Dressing:

**4 egg yolks
1/4 teaspoon mustard
pinch of salt
juice of one lemon
1 pint heavy cream, whipped**

- 1) Whip the cream until it forms soft, firm peaks. Refrigerate. stir remaining ingredients for dressing together and boil over low flame until sauce thickens. Remove from heat and cool thoroughly.
- 2) When cool add the whipped cream. Add dressing to salad and mix well. Place in refrigerator overnight. Garnish with mint and maraschino cherries before serving.

Serves 4

*Myrtle Sexton
Erick, OK*

Independence Day Cole Slaw

1 cup vinegar

1/2 teaspoon celery seeds

1/2 teaspoon dry mustard

1/2 cups sugar

1 small head cabbage, shredded

1/2 onion, chopped

**1/2 green pepper, cored, seeded, and shredded
ice water**

1) Mix the vinegar, celery seeds, mustard, and sugar in a pan and bring to a boil. Stir until the sugar dissolves. Continue to boil for 15 minutes. Let cool.

2) Combine the cabbage, onion, and green pepper, and place in enough ice water to cover for 1 hour. Drain thoroughly. Combine vegetables with dressing and refrigerate overnight.

Serves 6

Caesar Salad

**1/3 cup olive oil
1 garlic clove, crushed
1/2 cup bread cubes, stale
2 small heads romaine lettuce, washed
and dried
pinch of salt
pinch of pepper
1 egg, boiled for one minute
1 lemon, halved
1/2 tablespoon Worcestershire sauce
4 anchovy fillets, chopped
1/4 cup Parmesan cheese, grated**

- 1) Combine the oil and the garlic and allow to stand overnight. Remove garlic.
- 2) Brown the bread crumbs in 2 tablespoons of the oil. Drain and set aside.
- 3) Place the lettuce in a large bowl, and add salt, pepper, and the remaining oil. Break open the egg over the salad and toss. Squeeze the lemon over the salad. Add the anchovies, Worcestershire sauce, and Parmesan. Toss. Add the bread cubes and toss again.

Serves 4

Citrus Chicken Salad

**2 cups cooked chicken (white meat), diced
1½ cups grapefruit sections
2 cups celery, diced
¼ teaspoon lime peel, grated
1½ tablespoons lime juice
¼ cup mayonnaise
¼ teaspoon salt
¼ teaspoon pepper
2 small oranges, peeled and sliced
2 heads endive, snipped**

- 1) Combine the chicken, grapefruit, and celery.
- 2) Add the salt, pepper, lime juice and peel to the mayonnaise. Beat until light and airy. Fold the mayonnaise mixture into the chicken.
- 3) Arrange a salad bowl with the endive. Place the chicken salad in the center, arranging the orange slices around the edge. Chill and serve.

Serves 4

Green Salad with Tangy Oil and Vinegar Dressing

**2 heads Boston lettuce
2 heads butter lettuce
1 head romaine lettuce
2 Belgian endives
1 garlic clove
10 tablespoons olive oil
6 tablespoons herb vinegar
1 teaspoon salt
1 teaspoon pepper**

1) Wash and separate the lettuce. Drain. Refrigerate until crisp. Rub the inside of a cold salad bowl with garlic. Tear the lettuce and place into the bowl.

2) Combine the olive oil, herb vinegar, salt, and pepper. Mix well. Pour over the salad and serve.

Serves 10

Mediterranean Salad

**3/4 pound fresh green beans, washed and trimmed
1 large tomato, cut into wedges
1 small onion, sliced
1/3 cup olives, pitted
1 ounce anchovy fillets
2 hard boiled eggs, sliced
10 ounces canned tuna, drained and chunked**

1) Place the green beans in boiling water and cook, covered for 15 minutes or until they begin to soften. Drain and place in cold water. Drain again. Pour $\frac{1}{3}$ cup of your favorite oil and vinegar dressing and toss well. Refrigerate the beans for 1 hour.

2) Place the marinated beans in a salad bowl. Add the tomatoes, onions, olives and anchovy fillets. Toss lightly. Add the egg and tuna. Toss lightly. Serve with remaining oil and vinegar dressing.

Serves 4

Penny Carrot Salad

Salad:

**3 pounds carrots, sliced
water
1 onion, diced
1 green pepper**

Dressing:

**1 can tomato soup
½ cup salad oil
½ cup vinegar
1 teaspoon Worcestershire
1 teaspoon yellow mustard
1 teaspoon salt**

1) Cook 3 lbs. sliced carrots until tender. Do not overcook carrots. Drain and cool in ice water. Add 1 finely diced onion, 1 diced green pepper.

2) For dressing, mix 1 can tomato soup, ½ cup salad oil, ½ cup vinegar, 1 teaspoon Worcestershire Sauce, 1 teaspoon yellow mustard, ½ teaspoon salt Blend and beat well the dressing ingredients. Pour over carrots, onions, pepper. Mix and marinate for 1 day. Keeps well in refrigerator.

Serves 6

Mrs. Gerhard Janz
Wisconsin Rapids, WI

Red Potato and Egg Salad

**6 red potatoes, boiled and cut in half
3 hard boiled eggs, peeled and halved
1 scallion, sliced
1 small carrot, peeled and grated
1 tablespoon fresh parsley, chopped
1 tablespoon caraway seeds
 $1\frac{1}{2}$ tablespoons fresh dill, chopped
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $\frac{1}{3}$ cup sour cream
 $\frac{1}{3}$ cup mayonnaise**

1) Combine the potatoes, eggs, scallions, and carrots. Add the parsley, caraway, dill, salt, and pepper. Toss lightly.

2) Combine the mayonnaise and sour cream and fold into the potato egg mixture. Refrigerate for 3 hours and serve.

Serves 4

Egg Salad

**6 hard boiled eggs, peeled and chopped
3 scallions, sliced
3 celery ribs, chopped
1 tablespoon caraway seeds
6 ounces bacon, cut into bite-sized pieces,
cooked until crisp, and drained
2 tablespoons white horseradish
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{4}$ cup fresh parsley, chopped**

1) Combine the eggs, scallions, celery, caraway seeds, and bacon. Toss lightly. Combine the mayonnaise and horseradish and fold the mixture into the salad. Sprinkle with parsley and serve.

Serves 4

SOUP RECIPES

SOUP RECIPES
LAWRENCE HARRIS
FREDERICSBURG, PENNSYLVANIA

SOUPS

Mixed Seafood Mold

**1 cup mayonnaise
1 (8 ounces) can or package cooked crabmeat
1 pound frozen shrimp
2 full size onions, chopped
2 stalks celery, chopped
1 can tomato soup
1 (8 ounces) package cream cheese
2 packages gelatin**

1) Add the cream cheese to the tomato soup. Blend while heating and let cool. In small bowl, dissolve the gelatin in $\frac{1}{4}$ cup cold water. Mix with soup mixture until dissolved.

2) In separate bowl, add the mayonnaise to the seafood, celery, onion and a dash each of Worcestershire Sauce and Tabasco. Mix together with soup and pour into mold. Refrigerate until mold sets. Best if chilled overnight.

Serves 6

***Mrs. Sandra Snyder
Chatsworth, CA***

Tomato Soup with Clam Broth

2 cups clam broth

2 cups tomato juice

4 dashes Tabasco sauce

Juice of a lemon

1/2 teaspoon pepper

6 tablespoons plain yogurt

3 teaspoons chives, chopped

1) Pour the clam broth and tomato juice into a pan and simmer until hot. Add the Tabasco sauce, lemon juice, and pepper.

2) Spoon the soup into bowls and top with yogurt and chives.

Serves 6

Light and Easy Minestrone Soup

**20 ounces condensed beef bouillon
2½ cups water
½ cup macaroni
5 ounces frozen carrots
5 ounces frozen peas
5 ounces frozen Lima beans
1 large onion, chopped
dash of salt
dash of pepper
½ small cabbage, chopped
Parmesan cheese, grated**

- 1) Bring the water and bouillon to a boil. Add the macaroni and cook for 5 to 7 minutes.
- 2) Add the vegetables, salt, and pepper, lower flame, and simmer until vegetables are soft. Top with Parmesan cheese.

Serves 4

Cream of Mushroom Soup

**2 pounds mushrooms
8 cups chicken broth
1/4 cup butter
4 tablespoons flour
dash of salt
dash of pepper
1 cup heavy cream
1/2 cup dry sherry**

1) Remove the mushroom stems, chop, and place the stems in a pan with the chicken broth. Bring to a boil, lower flame, and simmer for 25 minutes. Strain and set aside.

2) Slice the mushroom caps and saute in butter until brown. Add the flour, salt, and pepper. Stir in the chicken broth and bring to a boil. Lower flame and simmer for 5 minutes. Add the cream and sherry. Cook until hot.

Serves 8

Mexican Meatball Soup

**1 large carrot, chopped
1 small onion, chopped
 $\frac{1}{8}$ cup olive oil
 $1\frac{1}{2}$ cups chicken stock
 $1\frac{1}{2}$ cups water
15 ounces consomme
 $\frac{1}{8}$ cup tomato sauce
 $\frac{1}{2}$ pound lean ground beef
2 tablespoons rice
1 tablespoon chopped parsley
1 egg
 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
5 ounces frozen peas
1 tablespoon fresh cilantro, chopped**

- 1) Saute the carrots and onion in the olive oil. Add the chicken stock, water, consomme, and tomato sauce. Simmer over low flame for 12 to 15 minutes.
- 2) Mix the beef, rice, egg, parsley, salt and pepper together to form small meat balls.
- 3) Bring the soup to a boil, add the meat balls, lower flame and simmer for 20 to 25 minutes. Add the peas and cilantro and cook for an additional 5 minutes.

Serves 4

Orion's Onion Soup

5 large onions, sliced

1/2 cup butter

1 cup white wine

15 ounces consomme

10 ounces condensed beef bouillon

1 cup water

dash of salt

dash of pepper

1/8 cup brandy

Parmesan cheese, grated

1) Saute the onions in $\frac{1}{4}$ cup of butter until lightly browned. Place browned onions in a pot, and add wine, consomme, bouillon, and water.

2) Bring the soup to a boil, then lower flame and simmer for 25 to 30 minutes. Add salt and pepper while cooking.

3) Add brandy and cook for one minute before serving. Top with Parmesan cheese.

Serves 4

Grandma's Splendorous Split Pea Soup

**1 cup dried yellow split peas, rinsed
water**

1 small ham bone

1 small onion

1 small carrot, quartered

1 celery rib, chopped

pinch of salt

pinch of pepper

1 small potato, diced

1) Place peas in enough water to cover and allow to soak overnight.

2) Drain the peas and place in a pot with enough water to cover. Add the ham bone, onion, carrot, celery, salt, and pepper. Bring to a boil, cover, and simmer for 1½ to 2 hours or until peas are soft. Add the potato and cook for an additional ½ hour.

3) Blend soup so that it is smooth and creamy before serving. Add water if necessary.

Serves 4

New England's Finest Clam Chowder

**3 slices bacon, chopped
2 cups onion, chopped
3 cups potatoes, peeled and cubed
1½ cups water
1 teaspoon salt
½ teaspoon pepper
1½ pints fresh clams, shucked
3 cups half and half
2 tablespoons butter**

1) Saute the bacon until almost crispy. Add the onions and continue to cook until onions become transparent. Add the potatoes, water, salt, and pepper. Cook medium flame, uncovered for 12 to 15 minutes or until the potatoes are soft.

2) Drain and chop the clams, reserving the liquid. Add the clams, ¾ cup clam liquid, butter, and half and half to the potato mixture. Mix well. Cook for 3 to 5 minutes over a medium flame.

Serves 6

Quick and Easy Gazpacho Soup

**10 ounces canned condensed tomato
bisque soup**

10 ounces water, boiling

1 beef bouillon cube

1 tomato, chopped

2 tablespoons red wine vinegar

½ tablespoon oil

½ teaspoon Worcestershire

3 squirts Tabasco sauce

1 tablespoon onion, minced

2 tablespoons green pepper, chopped

½ teaspoon salt

1) Dissolve the bouillon cube in the boiling water.
Slowly add to the soup. Mix well.

2) Stir in the remaining ingredients, cover, and
chill.

Serves 4

Simple Chicken Soup

**3 pounds chicken wings, necks, and backs
2 small carrots, peeled
3 celery stalks, cut into large pieces
1/3 cup onions, chopped
1/2 teaspoon salt
1/2 teaspoon pepper
3/4 tablespoon parsley, chopped
water**

1) Place all of the ingredients into a large soup pot, with enough water to cover. Cover and bring to a boil. Skim off the scum, re-cover, lower heat, and simmer for 1 $\frac{3}{4}$ hours.

Serves 4

Cheese and Onion Soup

1/2 cup Swiss cheese, grated

1/2 cup Provolone cheese, grated

2 onions, sliced

3 cups beef bouillon

1/4 tablespoon butter

1/2 tablespoon flour

pinch of salt

pinch of pepper

4 hard slices French bread

1) Saute the onions in butter until brown. Gradually add in the flour, salt, pepper, and 2 tablespoons of bouillon. Mix well.

2) Pour onion mixture into the bouillon and bring to a boil. Lower flame and simmer for 15 minutes.

3) Toast the bread and then place at the bottom of bowls. Pour soup over bread, sprinkle cheese over top, and place bowls in broiler for 3 minutes, until a crust is formed.

Serves 4

Chicken Vegetable Soup

6 cups water

1 bay leaf

1/2 cup chopped carrots

1 (5 to 6 lbs.) cut up chicken

1/4 cup chopped celery

1/2 cup chopped onion

2 cups cubed potatoes

1 teaspoon parsley

2 teaspoons salt

1/4 teaspoon pepper

1) In a large kettle combine water, chicken pieces, onion, bay leaf, salt and pepper. Bring to boil and reduce heat. Simmer covered for about 1½ hours, or until chicken is tender.

2) Remove chicken and cut off bone when cooled. Cut in cubes. Discard bone and skin and bay leaf. Skim off fat.

3) Add vegetables to broth and boil until tender. Add cubed chicken and parsley and simmer about 8-10 minutes. Just before serving, if desired, add ½ teaspoon butter.

Serves 8

Margaret A. Morrison

Pittsburgh, PA

Cold Potato Soup

**4 tablespoons butter
1 cup leeks, chopped
1½ cups water
1 teaspoon chicken stock base
20 ounces canned condensed cream of
potato soup, undiluted
1 cup milk
2 cups half and half**

- 1) Sauté the leeks in butter for 5 minutes. Add the water and chicken stock base. Heat to boiling, lower flame, cover, and simmer for 12 minutes. Stir in the potato soup, milk, and half and half. Chill.**
- 2) Blend soup until rich and creamy and serve.**

Serves 8

New Orleans Gumbo

**2 pound stewing chicken, cut into serving sized pieces
1/2 cup ham, diced
1 tablespoon butter
1/4 cup onion, diced
pinch of thyme
1/8 cup parsley, chopped
4 cups boiling water
1 bay leaf
1/2 cup okra, sliced
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup shrimp, shelled and deveined
1/2 quart stewing oysters, in liquid
1 cup cooked rice**

1) Saute the chicken, ham, and butter in a large soup pot until the chicken browned. Add the onion, thyme, and parsley. Saute until the onion becomes transparent. Add the boiling water, bay leaf, okra, salt, and pepper and bring to a boil.

2) Lower flame and simmer and cook for 1 hour or until the chicken is tender.

3) Add the shrimp and the oysters and cook for an additional 10 minutes. Place $\frac{1}{4}$ cup cooked rice in a bowl and pour the gumbo on top.

Serves 4

Cabbage Soup

**3 pounds chopped beef
1 cup chopped celery
2 cans kidney beans
salt and pepper to taste
1 large onion, chopped
2 cans tomatoes
1 small hard cabbage, quartered**

1) Boil chopped beef until tender. Add onions and celery. Boil 10 minutes. Cool 1 hour.

2) Add tomatoes and kidney beans. Cook 30 minutes more. Add cabbage, cook until cabbage is tender, about 20 minutes.

Serves 8

*Mrs. Ronald K. Bailey
St. Louis, MO*

Quick Veggie-Beef Soup

**1 pound stew meat, browned
1 pound ground beef, browned
1 cup cabbage, chopped
1 cup spinach, chopped
1 cup broccoli, chopped
1 cup carrots, sliced
3 medium potatoes, cubed
1 can (48 oz.) chicken broth
1 can (48 oz.) V-8 juice or tomato juice
mushrooms (or any veggie you like) to
fill the pot
salt and pepper to taste**

1) Brown meats, do not drain. Add all other veggies, broth and juice.

2) Bring to a boil, reduce heat and simmer for one hour.

Serves 8

*Mrs. R. L. Prater
Lincoln Park, MI*

Chunky Cheese Soup

4 cups chicken consomme

4 slices of pumpernickel bread

1 tablespoon butter

4 eggs

2 cups Edam cheese, grated

4 slices Cheddar cheese

4 slices Provolone cheese

1) Heat consomme to boiling, lower flame, and simmer for 10 minutes.

2) Fry the pumpernickel in butter. Poach the eggs in the consomme, drain, and place over the fried bread in heated bowls. Pour the hot consomme over the eggs and bread, sprinkle with Edam cheese, and top with slices of Cheddar and Provolone.

Serves 4

Classic Vegetable and Chicken Soup

**3 pound stewing chicken, cut into serving
sized pieces**
8 cups water
¾ cups carrots, diced
¾ cup parsley, diced
¾ cup onion, diced
¾ cup cabbage, chopped
½ cup celery, chopped
½ cup canned tomatoes, drained
½ tablespoon salt
¼ teaspoon black pepper

1) Place the chicken in water and bring to a boil. Add the vegetables, salt, and pepper, and bring to a boil. Lower the flame, cover, and simmer for 2½ hours or until the chicken is tender.

2) Remove the chicken from the soup and remove the meat from the bones. Discard the bones, return the meat to soup and serve.

Serves 4

Beet Borscht

**6 beets
2 pounds beef brisket, cut into bite sized chunks
2 onions, sliced
2 celery stalks, cut into bite sized chunks
4 carrots, sliced
2 bay leaves
dash of salt
6 ounces canned tomato paste
2 teaspoons sugar
1 cabbage, shredded**

- 1) Place 4 sliced beets, brisket, onion, celery, carrots, bay leaves, and salt in a pot and simmer over a low flame for 2½ hours.
- 2) Shred the remaining 2 beets and add to the heated mixture. Stir in the tomato paste and sugar. Simmer, covered for 25 minutes. Remove the bay leaves and chill.
- 3) Skim the fat from the surface of the soup. Heat over a medium flame until boiling, add the cabbage and cook for 15 minutes until the cabbage is soft.

Serves 8

NOTES



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